

# MARCH 2024

## Xavier High School

### LUNCH



**This institution is an equal opportunity provider.**

**Menu is subject to change.**

**Daily options: Salad bar, Deli Sandwiches and Walking Taco**



**March is National Nutrition Month!** To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



WG Chicken Tenders;  
Bread & Butter; Corn  
or fresh veg.;  
Mandarin Oranges or  
fresh fruit; Milk

4

WG Pepperoni or  
Cheese Pizza; Peas or  
fresh veg; Applesauce  
or fresh fruit; Milk

5

Chicken & Gravy on  
Mashed Potatoes; B&  
B; Carrots or fresh  
veg; Pears or fresh  
fruit; Milk

6

WG French Toast  
Sticks; Sausage Patty;  
Hash Browns or fresh  
veg.; Pineapple or  
fresh fruit; Milk

7

Grilled Cheese  
Sandwich; Tomato  
Soup or fresh veg.;  
Pineapple or fresh  
fruit; Milk

1

Cheese Quesadilla,  
Romaine lettuce or  
fresh veg.; Peaches or  
fresh fruit; Milk

8

Spring Break

11

Spring Break

12

Spring Break

13

Spring Break

14

Spring Break

15

BBQ Pork on WG Bun;  
Broccoli w/cheese  
sauce or fresh veg.;  
Pineapple or fresh  
fruit; Milk

18

Salisbury Steak; B&B;  
Mashed Potatoes &  
gravy or fresh veg.;  
Peaches or fresh fruit;  
Milk

19

WG Cheeseburger on  
WG Bun; Sweet  
Potato Fries or fresh  
veg.; Applesauce or  
fresh fruit; Milk

20

Chicken Alfredo on  
WG Noodles; WG  
Breadstick; Romaine  
lettuce or fresh veg;  
Mandarin Oranges or  
fresh fruit; Milk

21

WG Garlic Cheese  
Bread; Corn or fresh  
veg.; Pears or fresh  
fruit; Milk

22

Chicken Patty on WG  
Bun; Baked Beans or  
fresh veg.; Applesauce  
or fresh fruit; Milk

25

WG Popcorn Shrimp;  
B&B; Cheese Stick;  
Corn or fresh veg.;  
Mandarin Oranges or  
fresh fruit; Milk

26

WG Spaghetti w/meat  
sauce; WG Breadstick;  
Romaine lettuce or  
fresh fruit; Peaches or  
fresh fruit; Milk

27

WG Garlic Cheese  
Bread; Green Beans or  
fresh veg.; Pineapple  
or fresh fruit; Milk

28

**Good Friday  
No School**

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